

Natural Fertility Regulation

Relieves concern of health effects of chemical contraceptives; easy to learn and is 99.5% effective in postponing pregnancy when consistently following guidelines

- Has been successful in helping couples achieve pregnancy where the fertility has been in doubt.
- Monitors fertility and reproductive health.
- Compatible for all women during regular or irregular cycles
- Morally acceptable to our Catholic faith.



**There will be three-part Billings Method Class:
May 5th, May 19th and June 2nd
July 7th, July 21st and August 4th**

All classes begin at **6:30 p.m.** in the St. Peter and Paul Chapel, St. Rita Catholic Church. Cost includes materials and bi-weekly or monthly individual consultation as needed.

The Billings Ovulation Method is used by millions around the world. It was developed by Drs John and Evelyn Billings, validated by eminent international scientist and successfully trialed by the World Health Organization.

For more info see

www.thebillingsovulationmethod.org

Please contact Parish Nurse, Bernadette May, R.N. to register: bmay@stritaparish.net